



KITTSON COUNTY

SUMN.org FACT SHEET

2017

Substance Abuse Prevention

This fact sheet provides county level data on substance use and related factors to help guide decisions about prevention efforts. These data can be used to justify need for prevention funding, monitor substance-related trends, and plan programs and initiatives by establishing community level prevention priorities.

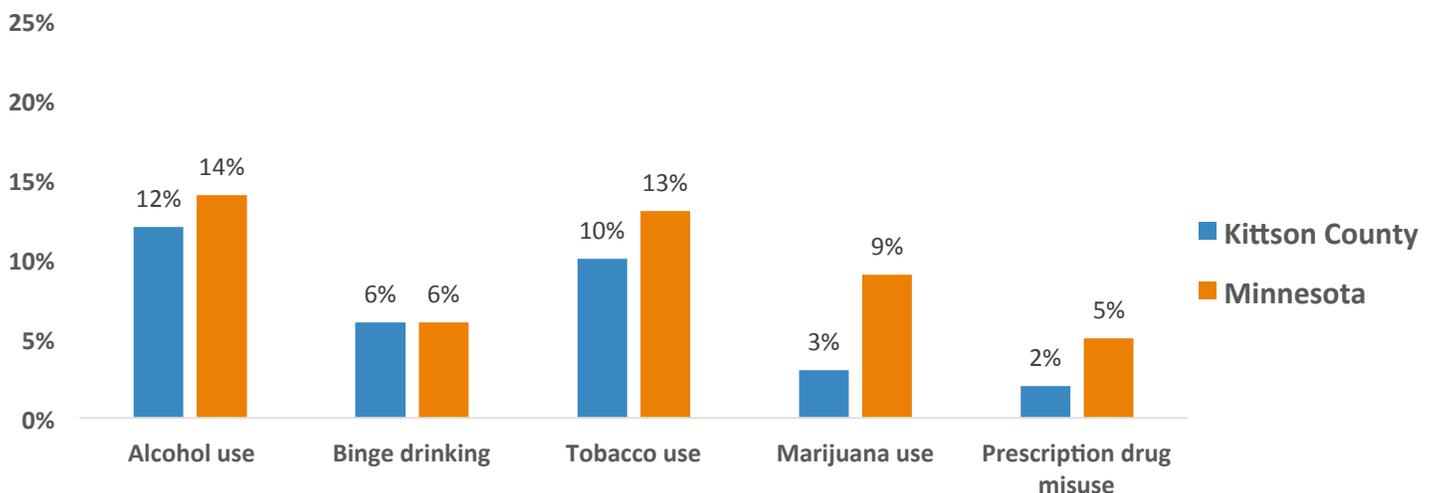
According to 2016 estimates from the U.S. Census Bureau, Kittson County has 4,333 residents; 21% are under the age of 18.

Key Findings

- Compared to state averages, smaller percentages of Kittson County students reported past 30-day alcohol use, tobacco use, marijuana use, and misuse of prescription drugs (see Fig. 1).
- Cigarette smoking among 9th graders has declined from 12% in 2001 to 6% in 2016; however, 6% of 9th graders also reported using e-cigarettes in 2016.
- Among Kittson County 8th, 9th, and 11th graders, those with better teacher-student relationships are nearly 1.5 times less likely to report past-month marijuana use.
- In 2015, Kittson County's alcohol-related motor vehicle crash rate and arrest rate for driving while intoxicated (DWI) were both lower than the state rates.
- From 2000 to 2015, Kittson County recorded 1 overdose death due to opioids and none due to heroin.

For more information on alcohol, tobacco, and other drug use, consequences, contributing factors, and treatment, as well as mental health data, visit SUMN.org

Figure 1. 8th, 9th, and 11th Grade Past 30-Day Substance Use, 2016 Minnesota Student Survey (MSS)



**Tobacco includes any past month use of cigarettes, cigars, chewing tobacco, electronic cigarettes and/or hookah.

Adult Substance Use

According to the 2015 Minnesota Survey on Adult Substance Use (MNSASU):

- Past-month binge drinking (women having 4+ drinks or men having 5+ drinks in a row on one occasion) was reported by 14% of adults in the Northwest Region and 14% of Minnesota adults.
- Past-month cigarette smoking was reported by 19% of Northwest adults and 16% of Minnesota adults.
- Past-month marijuana use was reported by 4% of adults in the Northwest Region compared to 5% of adults statewide.

Youth Substance Use

Data on youth substance use are from the Minnesota Student Survey (MSS); Kittson County students make up 0.1% of the overall statewide sample.

	5 th Grade	8 th Grade	9 th Grade	11 th Grade
Females	18	22	18	28
Males	20	20	16	19
No Answer	0	0	0	0
Total	38	42	34	47

Past year alcohol and/or drug use was reported by 10.5% of Kittson 5th graders. Questions about past 30-day substance use (covered in the following section) are not asked of 5th grade students.

Alcohol

Past 30-day alcohol use was reported by 5% of 8th graders, 18% of 9th graders, and 13% of 11th graders in Kittson County in 2016. Use among 9th graders dropped in Kittson County from 29% in 2004 to 16% in 2013, then rose to 18% in 2016. Past 30-day binge drinking (defined as having five or more drinks in a row on one occasion) was reported by 0% of 8th graders, 6% of 9th graders, and 11% of 11th graders in 2016.

Tobacco/Nicotine

Of Kittson County 8th, 9th and 11th graders, 10% reported any past 30-day tobacco use: 3% reported smoking cigarettes; 2% reported smoking cigars or cigarillos; and 3% reported chewing tobacco use. Cigarette smoking among 9th graders dropped in Kittson County from 12% in 2001 to 6% in 2016.

Marijuana

Past 30-day marijuana use was reported by 0% of 8th graders, 3% of 9th graders, and 6% of 11th graders in Kittson County in 2016. From 2007 to 2013, no Kittson County 9th graders had reported use.

Prescription Drug Misuse

Past 30-day prescription drug misuse was reported by 2% of 8th graders, 3% of 9th graders, and 2% of 11th graders in Kittson County in 2016. Specifically, in the past year, students in these grades combined reported the misuse of stimulants (0.8%); pain relievers (4.1%); and tranquilizers (1.6%).

Figure 2. Kittson County 11th Graders Reporting How Much They Typically Drink at One Time (2016 MSS)



Mental health disorders can increase risk of substance use, and substance use can in turn increase the risk for poor mental health. In addition, numerous risk and protective factors are shared between substance use and mental health outcomes.

To learn more, read the SUMN fact sheet on this topic:

http://sumn.org/~media/498/MENTAL_HEALTH_2017_SUMN_Fact_Sheet.pdf

Contributing Factors

Low perception of harm, low perception of parental disapproval, and misperception of peer use all contribute to alcohol, tobacco, and drug use in a community. Although data are presented here as a group, percentages vary by grade. For data by grade level, or for more protective factors, visit www.sumn.org.

Perceived Harm

Kittson County 5th, 8th, 9th, and 11th graders were least likely to believe that people put themselves at great or moderate risk of harm, physically and in other ways, by smoking marijuana once or twice per week (64%). Perceived great or moderate risk of harm for other substances was as follows: having five or more alcoholic drinks once or twice per week: 71%; smoking one or more packs of cigarettes per day: 82%; using prescription drug not prescribed for you 80%.

Perceived Disapproval

Among Kittson County 5th, 8th, 9th, and 11th graders, 96% said their parents would think it's very wrong or wrong for them to smoke cigarettes. Similarly, students felt their parents would feel it's very wrong or wrong for them to have one or two drinks of alcohol nearly every day (94%), to smoke marijuana (95%) or to use prescription drugs not prescribed for them (96%). Kittson County students also believe their friends would disapprove of substance use: most students believe their friends would think it was wrong for them to engage in cigarette use (83%); alcohol use (74%); marijuana use (79%); or prescription drug misuse (87%).

School Factors

Kittson County 8th, 9th, and 11th graders with better student-teacher relationships are nearly 1.5 times less likely to report past-month marijuana use, and those with greater educational engagement were over 5.5 times less likely. Similar associations are seen with alcohol, tobacco, and marijuana.

Misperception of Peer Use

Kittson County 8th, 9th, and 11th graders who think most students at their school drink monthly or more often are about 4 times more likely to report that they themselves drink alcohol monthly or more often.

Table 2. Perceived vs. Actual Use, Kittson County 2016 Minnesota Student Survey

	8 th Grade	9 th Grade	11 th Grade
Students reporting they think MOST students in their school drink alcohol once per month or more often	46%	74%	60%
Students reporting they drink alcohol themselves once per month or more often	0%	12%	19%
Students reporting they think MOST students in their school use marijuana once per month or more often	46%	59%	38%
Students reporting they use marijuana themselves once per month or more often	0%	3%	9%

Consequences

Alcohol

- The DWI arrest rate for Kittson County residents has fluctuated over time, averaging 44.8 per 10,000 population from 2006 to 2015—about 1.5 times less than the state average of 67.0 (Minnesota Office of Traffic Safety, DPS)
- In 2015, none of the motor vehicle crashes in Kittson County were alcohol-related. In comparison, 4.7% throughout the state were alcohol-related (*Crash Facts*, DPS)

Tobacco

- The lung, bronchus and trachea cancer death rate for Kittson County has changed little since 2006, averaging 6.5 per 10,000 population from then until 2015. The state rate was also stable, averaging 4.5 per 10,000 (Minnesota Center for Health Statistics, MDH)

Drugs

- From 2000 to 2015, there was 1 opioid death (non-exclusive) in Kittson County, of 2,273 total in Minnesota. Over that same 15-year period, there were no heroin deaths in Kittson County; there were 453 in the state as a whole (Minnesota Center for Health Statistics, MDH)
- In 2015, there was one arrest for marijuana in Kittson County but no arrests for opium or cocaine, no arrests for synthetic drugs, and no arrests for other drugs (*Minnesota Crime Information*, DPS)

SUMN.org

SUMN is a one-stop-shop for data, tools, and prevention resources. Visitors can search county, regional, and state level data by topic, by location, and by demographic producing tables, charts, graphs, and maps. View and download data products, such as this fact sheet, and find tips on finding, analyzing, translating, using, and disseminating data.

- Use the 'Data by Topic' search function to access county level data, by grade and gender, for all measures included in this fact sheet.
- Visit the 'Publications' page to find SUMN fact sheets on a variety of risk and protective factors, including educational engagement and teacher-student relationships.

Funded by the Minnesota Department of Human Services Alcohol and Drug Abuse Division



Figure 3. 2015 Cost per Capita of Alcohol Related Traffic Crashes, Fatalities, and Injuries (National Safety Council and Minnesota *Crash Facts*)

Contact Us

For questions or more information regarding the State Epidemiological Outcomes Workgroup or SUMN.org, please email: info@sumn.org

To contact the Regional Prevention Coordinator for your region, please visit: www.rpcmn.org